


Center for Substance Abuse Prevention (CSAP)
Center for the Application of Prevention Technologies

Evidence-Based Interventions (EBIs): What is Evidence?

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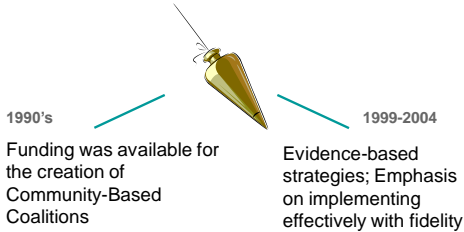
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SPF & Prevention History

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Changes in Prevention Planning Over Time



1990's

Funding was available for the creation of Community-Based Coalitions


1999-2004

Evidence-based strategies; Emphasis on implementing effectively with fidelity

SPF & Prevention History

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Prevention Planning Today



2004-10

Strategic Prevention Framework -
Assessing, Capacity Building,
Planning, Implementing and
Evaluating

Paradigm Shift: Selecting EBIs

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From...

- Picking off lists
- Categorical and global labels of effectiveness

To...

- Thinking critically about needs
- Outcome-specific ratings along an evidence continuum

Paradigm Shift: Selecting EBIs

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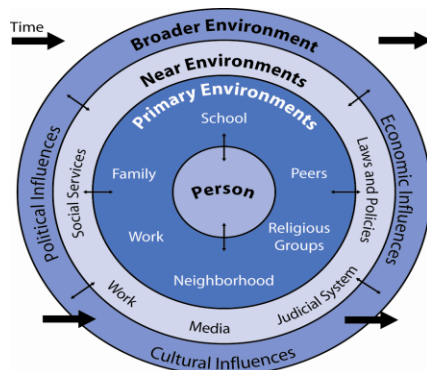
From...

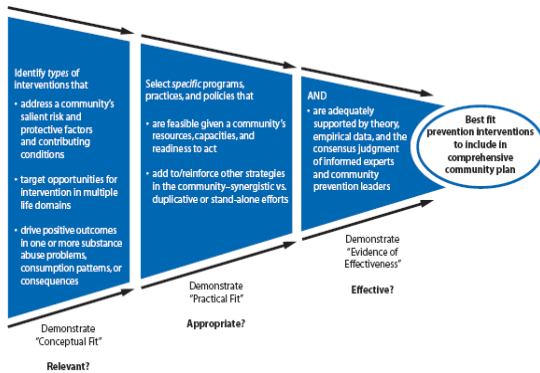
- Relying on strength of evidence alone
- Stand-alone intervention selections

To...

- Assessing the relative importance of strength of evidence in a broader context
- Comprehensive community plans

Multiple Levels of Influence





Balancing Science and Art



SPF SIG Definition

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"Evidence-Based" Interventions (EBIs)

- Included in Federal Registries
- Reported (with positive effects on the primary targeted outcomes) in peer-reviewed journals
- Documented effectiveness using other sources of information



Documented Effectiveness

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Four Guidelines

1. Conceptual grounding in theory of change
2. Similarity to formally recognized EBIs
3. Demonstrated effective implementation with positive outcomes
4. Judged appropriate by panel of prevention experts

Guideline 1

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Grounded in "Theory of Change"

- Develop the explanation that tells how and why an approach will have an effect on the behavior being prevented
- Tell why the theory makes sense



Guideline 2

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Similarity to other respected prevention efforts

- Components or approaches similar to programs/practices documented in professional publications
- Common programmatic aspects similar to other programs with well documented evidence

Guideline 3

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Practice or approach that has been used before with positive outcomes

- Preferably with the population of interest and in the same cultural context
- Examples of supporting evidence:
 - Participation retention level
 - Changes in target behavior
 - Participant satisfaction

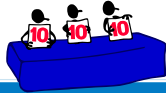


Guideline 4

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Judged appropriate by panel of informed prevention experts

- Preventionists from relevant departments, evaluators, and prevention practitioners, as a group, review and approve the intervention as being appropriate
- Group reviews the program and whatever evidence offered to support it



Documented Effectiveness

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Document as many of the following as possible:

- How intervention is similar in theory, structure, context to strategies with established evidence
- How intervention is based on theory that has been empirically studied and found effective in multiple studies
- How intervention is used over time and in settings similar to the proposed community and results achieved

Documented Effectiveness

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Document as many of the following as possible:

- Local evaluation reports that detail elements usually reported in peer reviewed journals (evaluation design, methods, findings, etc)
- How intervention incorporates published principles of prevention
- How intervention is rooted in indigenous culture and tradition

Documented Effectiveness

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Challenges

- Substantial responsibility on prevention planners—guidelines are not simple or simplistic
- Require critical thinking about evidence provided in deciding which strategies to implement

Documented Effectiveness

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Advantages

- Enables a diverse portfolio of strategies in local comprehensive plans
- Allows for the selection of complex interventions to meet community needs
- Creates opportunity for using culturally based and traditional evidence
- Exercise professional judgment in selecting intervention components

Evidence-Based Workgroup

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Considerations

- Membership
 - Types of expertise needed
 - Diversity
- Group operating procedures
- Training/orientation for group
- Process used to rate proposed interventions
 - Transparency
 - Objectivity



Evidence-Based Workgroups

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- Use CSAP's guidance document "Identifying and Selecting Evidence-Based Interventions"
- Define criteria for EBI selections that fit population and cultural context
- Translate or operationalize the four guidelines
- Create a protocol for reviewing sub-recipients' proposed EBIs
- Review and make recommendations for sub-recipients' Strategic Plans
